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TRACT
UPON
INDIGESTION,
AND THE
HYPOCHONDRIAC DISEASE;
AND UPON THE
ATONIC OR FLYING GOUT;

WITH THE METHODS OF CURE BY MEANS
OF A NEW REMEDY OR MEDICINE; AND
DIRECTIONS FOR TAKING IT IN A VARIETY
OF CASES OF NERVOUS AFFECTIONS, MUS-
CULAR AND VASCULAR RELAXATION, BRO-
KEN CONSTITUTIONS; IN HABITS IMPAIRED
BY HOT CLIMATES, IN MALIGNANT AND
PUTRID FEVERS, &c.

BY JAMES RYMER, SURGEON.

SECOND EDITION.

——Vides, ut pallidus omnis

Cæna defurgat dubia.

——Victus tenuis quæ quantaque fecum adferat.——

HORACE.

L O N D O N :

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MDCCLXXXV.



ADVERTISEMENT.

IT is with peculiar satisfaction that Mr. Rymer has it in his power to acquaint the Public, that since the publication of the first impression of this Tract in November, 1784, he has been honoured with the correspondence of many respectable persons, informing him, that they have received essential benefit from the rules of health this little work contains; and that they have found his Cardiac and Nervous Tincture to answer every purpose for which it is intended, and that it is a medicine of superior excellence in all affections of the nervous system, attended with debility, muscular and vascular relaxation in the declension of life; in broken habits, and where the constitution had greatly suffered by hot climates.

Mr.

Mr. Rymer returns most sincere thanks to those candid Physicians in London, who have been pleased to speak favourably of his Cardiac Tincture, and to recommend it where they judged it would be useful.

In consequence of letters from persons who have taken the Tincture without success, in cases where the use of it was improper, and where a very different method of cure was indicated, Mr. Rymer respectfully informs the Public, that such persons were of sanguine, inflammatory, robust, plethoric and hot temperaments, liable, from the nature of their constitutions, ages, habits of living, and sedentary manner of life, to diseases of the inflammatory and febrile nature: and that the method of cure, for such persons, is added to this second edition, from page 27 to page 32.

A
T R A C T
U P O N
I N D I G E S T I O N,
A N D T H E
H Y P O C H O N D R I A C D I S E A S E.

THE *dyspepsia* of nosologists, namely, indigestion; and the hypochondriac disease, the vapours or low spirits, are distempers generally so blended with each other, and with the *atonic*, irregular, or flying gout; and also with every affection of the system purely nervous, that I have universally found

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the medicine here recommended to mitigate the various symptoms, and invigorate the whole habit, where it was used for a due length of time in proper doses, and when the patients strictly pursued the rules of regimen and exercise which I prescribed: but when the gout has absolutely seized the stomach, then more powerful doses of the tincture must be used.

It must be remembered and understood when I say that *dyspepsia* and *hypochondriasis* are generally blended with the *atonic* gout, that I confine myself chiefly to persons who never, or very rarely and imperfectly, have had the inflammatory affection of the joints, viz. the regular gout in the extremities.

To

To prove what I have advanced it is only necessary to enumerate the symptoms of *dyspepsia* or indigestion, and of *hypochondriasis*, and then compare them with the symptoms of the *atonic* or flying gout.

The chief symptoms of indigestion are a diminution of the appetite of hunger, loathing of food, nausea, frequent inclination to reach, or sickness at stomach, commonly in the morning, and frequently at the sight, or smell, or even bare mention of particular dishes, which, when the stomach was in proper order, and digestion and chylication were duly performed, not only had no such effect, but used to be gratifying; eructation, sour belchings and heart-

burn ; fulness of the stomach, with a grumbling noise in the bowels caused by the motion of wind or air in the intestines ; gnawing pains about the region of the stomach, generally attended with costiveness ; confused head-achs ; anxiety and oppressions at the heart, with frequent hiccups and palpitations ; a sense of weariness, faintness, and aversion to motion, or active undertakings ; sometimes pains in the back and loins, with a general fulness of the lower belly ; irregular appetites and strange cravings ; also diarrhœa, or looseness, accompanied with colic pains and gripings, wasting of the whole body, universal debility, relaxation, loss of tone, and flabbiness of all the muscular or fleshy parts.

In consequence of these sufferings of the body, the temper and mind are often wonderfully affected. The patient becomes peevish and touchy at mere trifles; dejected, timid, distrustful; bereft of hope as to his cure, and all future events; with aversion to society.

In *hypocondriasis*, besides the foregoing symptoms of indigestion, the patient, is sometimes attacked with a copious spitting, like salivation; with various spasms, cramps, and pains about the chest, shoulders, and back. Moreover the mind and temper are generally more affected by whim, fear, despondency, and apprehension of a thousand horrors and evils; disturbed sleep, dreadful dreams, tossing and watchfulness during the night. The patient shall

be cross-grain'd, and snappish at times without cause; and at other times he shall manifest all the goodness and kind heartedness of human nature. Very generally no persuasion can have any effect in removing his very dismal and fixed expectation of a variety of evils which will never come to pass.

If we compare some of the principal symptoms of each of these diseases; and the methods of cure, we shall discover a near and striking resemblance between them. For in the *atonic* gout there are pretty constantly very marked symptoms of hypochondriasis, as dejection of spirits, seriousness, timidity, distrustfulness, fickleness, caution and care about absolute trifles; waspishness, and sometimes apparent rudeness to inferiors, a want of kind and civil
attention

attention and good breeding to equals, with indifference and shyness to strangers; all the great powers and generous passions of the mind being subdued by the depressing influence of melancholy and the conception of a variety of evils, fantastical, and groundless; shadows and non-entities being represented to the mind as serious realities, and magnified into the most important concerns.

Such a miserable state of mind deserves and demands our most sincere commiseration; and our best offices and abilities should be exerted to palliate and remove it. Let the patient reflect and consider that there is no possible object, or subject of thought, that should be suffered to produce so much wretchedness; and

that *true* philosophy and *Christianity*, will always enable us to be superior to every finite evil. It ought to be a great consolation, however, that although the sufferings of the patient be very distressing, yet the danger is in a great measure imaginary ; and that his cure rests and depends as much upon his own conduct, as upon the attention and skill of his physician.

It is not unworthy of observation that hypochondriacs generally possess the best rudiments of health and longevity, notwithstanding the apparent flimsiness and craziness of their constitutions ; and that when in a company they like, if the capacious humour be absent, many will not only shine and excel in vivacity and sprightliness of fancy, off-hand wit,

wit, and an aptness and rapidity in arranging their ideas; but often raise our admiration by their elaborate and abstruse thoughts, their depth of understanding, and the coherence and solidity of their arguments.

Dyspepsia, or indigestion; the hypochondriasis, or low spirits; and the *atonic*, or flying gout, appear more generally among men of learning, genius, and property, whose minds are constantly upon the rack of thought, than among the illiterate, the stupid, and the indigent, who seldom experience the fatigue of study, the labour of reflection, or any cares but such as are necessary for the supply of the present moment.

And even among persons of the
first

first description, those who are possessed of fine sensibility, and irritability, of great vivacity, spirits, and ready wit, are more liable to these diseases than those who appear on all occasions easy, careless and unconcerned; who have no humane and tender feelings, and upon whose hardened hearts the distresses and calamities of human nature make no impressions.

Intense thinking, or the labour of the brain, therefore, which exhausts the finest spirits, the nervous influence, the *pabulum cogitationis* the *internuncii* of the soul, (call it what you will) while the whole body remains inactive, and the muscular system relaxed, must be a powerful remote cause of hypochondriasis, &c.

The passions of hatred, envy,
malice,

malice, love, fear, jealousy, anger, &c. immoderate care, grief, troubles, and disappointments, study, night-watching, close application to business requiring deep thought; excess in venery; excessive drinking of warm watery fluids; frequent intoxication, and immoderate and sumptuous meals; chewing and smoaking of tobacco, which exhausts that saliva requisite for digestion; a sedentary, inactive and indolent life, contribute likewise to the production of these maladies, and ought carefully to be avoided.

It is to be observed that the temperature and gravity, or spring of the air, and its dryness and moisture have wonderful effects upon hypochondriacs. Those who are not conscious of this, and who pay no
attention

attention to the changes and feelings which take place in their bodies, by the rising and falling of the mercury in the barometer, and by particular winds, are apt to attribute their sufferings either to the nature of their own distemper, to their own conduct, or to the want of attention, management, and skill of their physician.

It is not unnecessary to mention, that in the above diseases, *dyspepsia* and *hypocondriasis* especially, the patients are apt to harbour many incoherent, whimsical and groundless notions concerning the cause of their disorder. Some persons will fancy, and insist upon it, that the cause of all their complaints is a scorbutic humour in the blood, which is thrown upon the offending parts, as the stomach, and bowels, &c. others
 imagine

imagine the cause to be some relics
 of infection, or the dregs of some
 violent and acute disease which they
 have had twenty or thirty years be-
 fore : Some will have the cause to
 be seated in the internal surface of
 the œsophagus and stomach ; others
 in the liver and gall-bladder ; others
 in the pancreas and spleen ; some
 again in the mesentery and small
 guts only, with schirrhosity of the
 lacteal and lymphatic glands ; and
 others, in the great guts and rectum ;
 with obstructions in these different
 organs ; convulsions, cramps, spasms,
 pullings, pinchings of the navel ;
 gripings and twisting of the guts ;
 and (because strong purges abrade
 and discharge the natural mucus
 which lines, sheaths and defends
 the inner coats of the intestines from
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the stimulus of acrimonious matter, &c.) viscid phlegm glewing up the passages and filling the bowels with hardened excrement, balls, &c. with a variety of similar hypothetical absurdities, which frequently have no existence but in the minds of patients.

As it is not to be expected that every person can have philosophy fortitude and self-denial enough to avoid and abstain from all the remote causes of indigestion and hypochondriasis, so a complete and what is called a *radical cure* is an affair of a doubtful nature. But if the patient will follow some of the principal rules I shall here give, and continue to take the remedy according to these directions and rules, he may depend upon enjoying a far better state
of

of mind, temper, and constitution than he at present possesses; and, probably, go through life to a good old age, with a share of comfort and happiness he might have but little expected. To soften and alleviate the various natural evils which in many instances render this life a load, while it yet lasteth, is surely well deserving of any pains and attention that can be bestowed by a rational being.

With respect to a peculiar species of *hypochondriasis* and *hysteria*, where the mind and passions are more immediately concerned, nothing need be advanced in this tract. As they proceed from very different causes, they require a different treatment. They must be relieved by a method altogether different from that which
I have

I have taken the liberty to recommend for the cure of the maladies I have been describing.

It is remarkable that eunuchs never, or very rarely, have the gout, or become hypochondriacs.

In *dyspepsia* and *hypochondriasis* it is very certain that the stomach and intestines have lost their natural tone and energy ; that the peristaltic or propulsive motion of the alimentary canal is greatly diminished and weakened ; that the office, or function of digesting the food, so as to produce that bland nutritious chyle, assimilated into the animal nature, is deranged and imperfect ; and that, from this loss of tone and energy in the stomach and intestines, the liquor or ferment of digestion in the stomach is so changed, and become so peculiarly acid, that, instead of disposing
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the animal nature, it very evidently throws them into a kind of vinous fermentation; in which process a great quantity of fixed and other air or wind is separated; and remaining still hard and undigested, nature, considering them as extraneous substances, brings on nausea, or sickness, to eject them by vomiting; or, if such *ingesta* pass from the stomach into the guts, from the loss of tone, want of a proper and natural stimulus, and from the diminished energy of the peristaltic motion of the intestines, they become a mere load; and it is often a long time before they can make their way to the natural outlet. During their passage from the *pylorus* to the *anus*, not being disposed to mix with the solvents of bile and pancreatic juice, they yield very little nourishing

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rishing chyle ; and fermenting in their own way, the bowels are filled and distended with air continually evolving from them, till their expulsion. In such a case, to ease the patient of his sufferings, if no looseness occur, it becomes necessary to administer vomits, and purges or clysters ; by the repetition of which the whole alimentary canal becomes insensible to every common stimulus ; so that without strong emetics, drastic purges, and very stimulating clysters, the patient can have neither comfort nor stools ; and thus the body being deprived of its due nourishment, and the brain and nerves of spirits, the patient becomes at length entirely emaciated, miserable in mind and body ; and too frequently recurring to the last wretched resource,

resource, spirituous and intoxicating liquors, and inefficacious cordials, finally sinks under the pressure of his misfortunes and afflictions.

It is to be taken notice of, that all the symptoms I have enumerated, never take place at one time, in any one person.

The C U R E.

If sickness at stomach, and reaching or vomiting, be the principal symptoms, with a want of appetite; and if these have been of long duration, or the consequences of repeated excess, it would be necessary to cleanse the stomach by drinking camomile tea, or by an emetic; after which, every morning, an hour at least before breakfast, let the patient take one, two, or three tea spoonfuls, or half a table spoonful, of my

Cardiac Tincture, by itself, or mixed in a glass of pure cold water; then if the weather and other circumstances admit of it, let him take a walk for the space of half an hour or so, and return to breakfast; which may consist of water gruel, with a spoonful of rum, some crumbs of toast, and if the stomach can bear them, a little butter and sugar, or salt; or his breakfast may be tea and toast only; or it may be panada, or thin weak broth, with a glass of mountain, sherry, or madeira in it, and some toast or a crust of well-baked bread. After breakfast let him use that kind of exercise which not only employs the body, but also engages the attention, for an hour or more.

For which reason travelling in general, or through such a country as
 England,

England, from town to town, as it affords a variety of new and curious objects, and diverts the mind from infirmities and bodily sufferings, is always highly useful.

Every day at noon, or an hour or two before dinner, I advise the patient to take two tea spoonfuls, or half a table spoonful of my Tincture, unmixed, and by itself, or upon a lump of sugar.

At dinner let him eat of fish, or of any simple and tender meat, that quantity which shall be less than he can and desires to eat. Of his bread, made of coarse flour, which must be thoroughly baked, he ought to eat but little. He must either abstain altogether from vegetables and fruit, or eat a small quantity of such as he finds to be of easy digestion; (such as greens of the cabbage kind,
c 3
brocoli

brocoli and kale, which should be thoroughly dressed) of cheese very little; his drink during the meal should be fair water with a toast. Every thing he eats must be minutely and thoroughly masticated and chewed into a smooth pulp before deglutition.

After dinner, he may, if he choose, drink three or four glasses of some generous wine; or rum, brandy, or true geneva mixed with water, a few bits of sugar and preserved bitter orange peel being added; the proportion should be one glass of spirits to four glasses of water.

At six or seven o'clock in the evening he may drink two or three dishes of tea, or some coffee; the black tea, as congou or fouching, will be best.

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His supper should be very trifling indeed ; he may eat, if so disposed, a very little of any thing there may be at table, which he knows to be of a light nature. He should prefer toast and water for his drink, but if he be fond of malt liquor, let him never exceed a pint of the best and clearest old porter, which should by no means be stale and hard.

After supper, if he wish for something, let him drink a few glasses of warm rum and water, mixed as above ; or some good wine.

When he goes to bed, if he should be uneasy at stomach in consequence of wind or pains, let him take one or two tea spoonfuls or more of the Tincture, and then go to rest.

The day following he must proceed as before, and persevere in

such a plan of temperance, moderation, exercise, and amusements, till he shall have acquired a better state of health, when he must never, or as seldom as may be, commit any excess. Let no argument or notion of complaisance, prevail upon any person to break through rules of temperance, upon which health so immediately and invariably depends. Convivial happiness ends the moment excess begins. His exercise should never be carried to such a degree as to induce fatigue or a sense of weariness; and his amusements must be of that nature which shall produce cheerfulness and rational mirth, taking care never to be altogether idle, and in a state of *ennui*; that is never to be so thoroughly vacant and lost as to have the *fidgets*, and
not

not to know what to do with himself or how to spend and kill his time. Whenever that mental excitement called vapours, restlessness, *fidgets*, occurs, let the person take one or two tea spoonfuls of the Tincture upon a lump of sugar, or otherwise, at pleasure.

Every time he shifts himself let him have his body well chafed and rubbed by a stiff flesh-brush till he feel an universal glow.

If costiveness be the principal symptom, let the patient take a dose of physic before he begins with the Tincture, and then proceed as above.

That kind of food which yields much nourishment, and is easy of digestion, is always to be preferred, because of such aliment a less quantity

tity will suffice, and the stomach will not be loaded, nor the bowels distended with air.

The patient should always finish his meal before the appetite of hunger shall be satisfied; that is, he should be able to say, I could eat more, but I will not.

He must never add another meal to one yet undigested; of all absurdities and evils, in relation to the above diseases, none are greater than eating when one is not hungry, and drinking when one is not dry. There must be no drinking between meals; no relishes nor gills of wine before dinner; such a habit is *felo de se*.

Stock fish is a nourishing food of easy digestion, and it will agree with, and be proper for many patients, once in the week.

Cold

Cold bathing, as it strengthens and braces the whole body, may, in some cases, be very beneficial.

Electricity quickens the circulation, and increases perspiration and all the excretions; and sparks taken from the belly, or the application of electric friction over the whole abdomen, will strengthen the alimentary canal, remove obstructions of the abdominal viscera; and by promoting the secretion of mucus from the inner surface of the intestines, and by increasing their peristaltic motion, will powerfully tend to remove costiveness.

Patients who suffer much from costiveness, sour belchings and heart-burn, and who are liable to spasms and cramps, will reap much benefit by taking one, two, three, or four occasionally

caſionally, at bed time, of the following pills. In order that theſe pills may be made of the beſt ingredients and properly mixed, it will be neceſſary to have them from ſome judicious Apothecary.

℞ Aloes Socotor.

Pulv. Rhæi opt.

Confeſt. Cardiac. aa ʒi.

M. ft. Pil. No. 30. vel 36.

Some patients will find it requiſite to take two or more of the above pills every night at bed-time; and immediately after them, he ſhould take half a table ſpoonful of the Tincture, more or leſs.

I judge it eſſential to inform the public, that many ſymptoms analogous to thoſe of the purely nervous *hypochoſdriafis*, I have obſerved to be evidently conſequences of *plethora*,

ra, plenitude, or fulness of the sanguiferous and vascular systems : as confused head-achs, with noise and ringing in the head ; heaviness, giddiness and stupor upon sudden motion ; sighing, anxiety, and oppressed respiration ; fluttering, palpitation, and breathlessness upon walking fast, or up an ascent, or from sudden surprise : oppression and fulness after hearty meals ; general and most uncomfortable throbbing ; or pulsation of the arterial system ; heat, sense of fulness, inflammation and swelling, of the eyes and eye-lids : at times, chilliness succeeded by heat and thirst : in the morning, a nasty taste in the mouth, with dryness, clamminess, and desire to reach, or nausea. Occasional languors, sinkings and low spirits ; sense of

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weight

weight and debility of the whole body, with restless nights and unpleasant dreams. If such complaints take place in persons who make hearty meals, and digest well, I advise them, in proportion as they value health, to live moderately and abstemiously till the complaints be removed. And as the *best* medicine in the world for inflammatory *diathesis*, let every such person take, for three days before every new or full moon, a pinch or *prise* of purified nitre in powder, in every cup of his tea at breakfast: and at dinner let him dissolve four or five pinches of the same cooling and most salutary salt, in about half a pint of water and toast: If he drink two half pint goblets of toast and water at dinner, three *prises* or pinches of nitre may be enough in each.

each. If the patient be of a very inflammatory habit and labour under the above symptoms, let him use the nitre in the same manner at tea and at supper. By one pinch or *prise* of nitre, I mean ten or twelve grains. It will be convenient to have the nitre ready in a little bottle, or wooden box, holding half an ounce or so in powder, to be carried in one's pocket. For the removal of the above complaints, abstemious living, and nitre thus used, will be found far preferable and safer than phlebotomy, or any other means.

Because the effects of *plethora*, plenitude or over-fulness of the vessels have been particularly observed by myself, in the course of practice, to shew themselves at or about the full and change of the moon, I have
thought

thought it fit to advise the nitre to be taken during three days at meals, and when dry, before the lunar periods. At such times of the moon, if distempered weather co-operate upon the animal body with the lunar influence, the effects of plenitude will be more sensibly felt. I take this occasion to say, that, in a medical view, I dissent from that novelty in modern philosophy, which denies the moon's power and influence upon earth.

If persons affected with real *dyspepsia*, *hypochondriasis*, irregular gout, nervous affections and debility; muscular and vascular relaxation, broken constitutions, or any of the other complaints, for the cure of which Mr. Rymer's Cardiac and Nervous Tincture is recommended, choose

choose to state their cases to him in letters, post paid, he will give them every advice in his power.

 The Cardiac Tincture being a most powerful *antiseptic*, Mr. Rymer respectfully informs the public, that it will be found, in a most eminent degree serviceable in every malignant fever; as the plague, the low, nervous, or putrid fever, the putrid sore throat, the real or marine scurvy, and in all diseases where there is a rapid tendency to putrefaction. In such alarming distempers give, from two tea spoonfuls, to one or more table spoonfuls, every hour. As an immediate cordial it invigorates every principle of life. In real putrid and malignant mala-

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dies,

dies, it should be given in red port wine. Persons exposed to the contagion, infection, miasma, effluvia of epidemic and putrid fevers, &c. are particularly requested to use this Tincture in the morning fasting, at noon, and at any time time when the stomach is most empty, as a medicine which powerfully resists every putrid and morbid influence of the above very dreadful disorders.

OF THE
NATURE AND SYMPTOMS

OF THE
G O U T.

THE Gout is a disease which sometimes appears in a regular, and at other times in an irregular, manner.

The symptoms of the regular Gout are of such a nature as to render the presence of the disease very evident; as pain in some part of the foot, most commonly in the first joint or ball of the great toe. The

feet and legs feel uncommonly cold ; there is a sense of pricking, and numbness, with swelled, full veins, and cramps. The stomach is generally more or less out of order, attended with a sense of weariness and languor, with wind, loss of appetite, and other marks of indigestion.

The pain in the foot at the beginning is often accompanied by a coldness and creeping sensation, or shivering all over the body, or in particular parts only ; and as the pain becomes violent, the last symptoms vanish, and are succeeded by symptoms of fever, which continue generally till the crisis, which most frequently happens about the middle of the following night after the attack ; at which time, if a breathing sweat succeed the remission of the pain,
and

and the patient fall asleep, he generally awakes in some degree of comfort ; and the part affected by gouty inflammation will look red, and be swelled for a few days, accompanied, notwithstanding, in the evening, by some degree of pain and fever till the fit be quite gone.

Thus it is in a simple paroxysm of the Gout. But in the regular gout also the affliction of the patient is oftentimes very sad indeed : For as it goes from one foot, the other shall be frequently attacked ; and when the second gets well, the first shall again suffer. The changes of pain are wonderful in the Gout. Sometimes every joint shall be affected, and many joints at the same time.

In the progress of this disease, and

as the patients become aged, the *regular* often degenerates into the *irregular* Gout; the fits being less marked by inflammatory affection of joints, and the internal organs suffering more.

The chalky-like substance formed in gouty parts appears to be produced by the arthritic inflammation of joints. As pus is produced in phlegmonic inflammation, so a matter, which when dry is like chalk, is peculiar to gouty inflammation.

In the irregular Gout there is seldom any regular inflammatory affection of the joints. The gouty disposition prevails generally throughout the body, without shewing itself in local inflammation.

The chief symptoms of the irregular

gular or flying Gout are belchings, sometimes sour ; breaking of wind, or eructations ; hiccup, anxiety, sickness at stomach, loss of appetite, and other signs of indigestion. There is a dull dejecting kind of a pain about the pit of the stomach ; also peculiar pains and cramps, or spasms, in various parts of the body ; and there is a sense of fulness of the stomach and bowels, which discharges of wind or air in a great measure, and for a time, relieve.

The body is often bound, and at times there will be a looseness, with cholic pains and gripings.

In the irregular Gout there are also sometimes symptoms of palsy, and apoplexy, head-achs and vertiginous affections. When oppressed and laborious breathing, with faint-

ing fits and palpitations occur, there is sufficient cause of alarm. But, as in the hypochondriasis, when there is no shadow of danger, so in irregular gout there is oftentimes great fear, despondency, and dread of death.

In the regular Gout the nervous system seems to be especially affected; the functions, both animal and vital, are disturbed, and the powers of life universally weakened.

The irregular Gout occurs generally after the age of 40 years. In some cases of premature declension, from habits of intemperance, it appears more early.

A person in vigorous health, born of gouty parents, by a spare diet, that is, a diet of vegetables, with,
at

at times, milk, butter, cheefe, and eggs sparingly; by great self-denial in respect of animal food, Bacchus and Venus; who shall drink pure water, or fine weak fermented liquors, instead of wine, spirits, and intoxicating drink; and who shall, in youth, enter into habits of daily muscular action, adopts the best means to avoid the Gout.

But no person already subject to the Gout in advanced years, or in the decline of life, should pursue the above plan; particularly if he have been accustomed to free living. The diet of such a person ought to be rather full and stimulating, than low, spare and watery.

In respect to the quantity and quality of drink and food, no standard, in my opinion, can be given.
Every

Every man, subject to the irregular Gout, will have arrived at that period of life when the judgment and understanding are capable to determine the propriety of his own actions : he will know of what and how much he should eat :—and if he be a judicious and sensible person, he will regard health as the most invaluable of all blessings ; he will naturally study the best means of preserving and restoring it when lost, by eating and drinking such quantities of such aliments and fluids as he is well assured, from the experience of his own feelings, best agree with his own stomach and head. And if he be apprehensive the gout is flying about him, he will then surely endeavour to divert it from the head and stomach, from the
chest

chest and belly, by living upon a seasonable diet, diluted after dinner and supper by a due quantity of generous wine, or if wine sour upon the stomach, by a proper mixture of brandy and water, rum and water, or other ardent spirit and water ; so as never to become intoxicated. He will not give way to melancholy, but will chase it away in chearful company ; he will avoid close application of the mind to any object of study ; he will keep the whole body, and especially the feet, very comfortably warm ; and if able, he will, if the air be neither moist nor too cold, walk a mile or two, or use other exercise in a due degree before his dinner ; at which meal he will abstain from vegetables and fruit, from fermenting liquors, and eat but
little

little of bread ; because in the present state of his stomach such things are rather indigestible, and apt to enter into the acetous fermentation, instead of the animal assimilation.

By the above means, if there be vigour enough in his constitution, a regular fit of the gout may be brought on : but if these fail, and the vital and animal powers flag and lose energy, recourse must then be had to medicine ;—and in this place, without parade or vanity, I recommend the medicine or remedy of my own invention and composition, viz. the Cardiac and Nervous Tincture, as the safest, the most effectual and successful of any medicine of the kind hitherto discovered. In the irregular, or flying Gout, it will be found to be an invaluable

valuable remedy, by increafing the energy of the nervous and fanguiferous fyftems, ftrengthening the tone of the ftomach and alimentary canal, by removing cramps and fpafms, and by moderately opening the body : by which means all the fymptoms will be vanquifhed, or a regular fit will be fometimes brought on, and the difeafe thereby removed for years.

For perfons afflicted with the atonic gout in the ftomach, head, &c. who have been in the habit of living upon a full diet, and drinking a chearful glafs, the dofe may be one or two table fpoonfuls three or four times in the day, viz. the firft dofe in the morning early, the fecond an hour or two before dinner, and the third dofe at bed-time ; and a fourth
may

may be occasionally taken during the night.

The quantity and times may be varied according to the urgency of the symptoms, the constitution, age and habits of the patient.

For women, and for men who lead very sober lives, the dose may be only one or two tea spoonfuls at the above periods; but the dose and repetition thereof must depend much upon the judgment and discretion of the patient, or of persons about him.

In the regular inflammatory Gout of the joints, this medicine is not to be used; unless in case of its backwardness, or retrocession, with pure symptoms of the irregular Gout affecting the stomach, the head, or thoracic viscera, when it may be used, with discretion, to hasten the

fit, or reproduce the regular paroxysm.

In old age, or in the decline of life, if the regular Gout shall be accompanied by affections of the stomach, the use of this remedy will be proper.

*A certificate from Francis Maseres,
Esq. F. R. S. Curfitor Baron of the
Exchequer.*

Reigate, May 21, 1785.

I do hereby certify, that in the month of October last, 1784, when I was very much troubled with wind in my stomach and bowels, attended with great pain and violent convulsive hiccups, which hindered me sleeping at night, I was greatly relieved from these complaints, (which I believe to have proceeded from a gouty humour flying about me)

me) by the advice and assistance of Mr. Rymer, the apothecary at Reigate, and particularly by taking a reddish tincture which he sent me, and in the course of about ten days was entirely cured of them.

FRANCIS MASERES.

From Thomas Meade, Esq.

SIR, Bath, May 25, 1785.

I took some of your tincture for the flying Gout in my stomach, and received great benefit from it.

I am, Sir,
your most obedient
humble servant,
THOMAS MEADE.

Mr. Rymer has omitted to insert a great number and variety of respectable certificates of the good effects

of his Tincture ; humbly trusting the public will never have occasion to charge him with *deception or empiricism*.

Rules for taking Mr. Rymer's Cardiac Tincture in particular Cases.

In nervous head-achs, accompanied with complaints of the stomach and bowels, take three or four of the pills as above at bed-time, and one or two tea spoonfuls of the tincture. The pills will procure some stools the following day. Take the tincture every morning fasting, and again an hour before dinner, every day. In all cases of nervous head-ach with noise in the head, it is essential to keep the body open, wherefore repeat the pills occasionally. Live regularly and temperately.

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For faintings, sinkings, low spirits, languor and debility, let the patient take (in proportion as he or she can bear wine, &c.) one or two tea spoonfuls, or half a table spoonful, according to the urgency of the case, to be repeated occasionally, either unmixed, or in a glass or cup of any drink. When it can be complied with, I always prefer giving it unmixed. To remove the above complaints, take one or two tea spoonfuls every morning fasting, and about an hour before dinner every day.

For wind in the stomach and bowels, take the tincture at any time when the stomach is most empty, and continue the use of it fasting and before dinner every day. If costive, by way of a proper purge in this case, take three or four of my pills

as

as above, and a little tincture after them at bed-time.

For the nervous colic or dry belly ach, take half a table spoonful every hour until the agonies abate. In women and young persons, a less quantity. Give some pills, as above, at bed-time.

For bilious sickness and gripings, take three or four of the pills, and two tea spoonfuls, or half a table spoonful of the tincture at bed-time. The pills to be repeated occasionally; and the tincture to be taken twice every day, in the morning fasting, and about an hour before dinner.

For tremors and paralytic affections, take from one tea spoonful to one table spoonful every morning fasting and an hour before dinner, every day. When costive take some

of the pills at bed time, with a little of the tincture after them.

In the declension of life, in broken constitutions, and in cases where the health has been impaired by climate, &c. take a proper dose of the tincture twice or thrice in the day, viz. early and fasting, at noon, and at bed-time. If costive, take a few of the pills occasionally at bed-time ; or take two at night and one or two next morning, with some of the tincture after them.

In the East Indies, in the West-Indies, and in other hot climates, in every case of nervous debility, muscular and vascular relaxation, attended with faintness, sinkings, languor, and loss of appetite and spirits, and in all low, nervous, putrid and contagious fevers, the patient will reap

essential benefit from the use of this tincture. The public are respectfully informed, that Mr. Rymer asserts this from his own particular experience, in the course of his practice in hot countries.

The Cardiac and Nervous Tincture, is prepared and sold by Mr. Rymer, at his house in Reigate, Surrey : and in London Mr. Rymer has appointed it to be sold only by Messrs. Armitage and Roper, stationers, No. 63, Bishopsgate Within, in bottles at two shillings and eight pence each, with stamps. As the great success and reputation of Mr. Rymer's Cardiac and Nervous Tincture may excite fraudulent persons to counterfeit it, he prays the public would not purchase it of any person but such as are or may be appointed by

by him to sell it. Upon every bottle is a label signed by Mr. Rymer.

If any person shall offer to sell any bottle or composition, declaring the same to be Mr. Rymer's Cardiac and Nervous Tincture, without having written authority to do it from Mr. Rymer, signed by himself, the said bottle is a counterfeit. Information of this will be handsomely rewarded by Mr. Rymer.

If any person shall copy, imitate, counterfeit or forge, Mr. Rymer's hand-writing or name, upon any label, wrapper, paper of directions, or inclosure of any bottle, purporting the same to be Mr. Rymer's Cardiac and Nervous Tincture, in order to impose upon the public, and to defraud Mr. Rymer, for his, her or their emolument,

ment, a reward of one hundred pounds will be paid to the informer, upon conviction of the offender, or offenders, by Mr. Rymer.

F I N I S.

The following persons are appointed to vend Mr. Rymer's Cardiac and Nervous Tincture.

Mr. Cruttwell, *Bath*.

Mr. Jos. Lloyd, *Bristol*.

Mr. Raikes, *Gloucester*.

Messrs. Flackton and Marrable,
Canterbury.

Mr. Gillman, *Chatham*.

Mr. Samuel Burgefs, *Margate*.

Mr.

Mr. M. Crockett, *Norwich.*

Mr. Harris, *Bury St. Edmunds.*

Mr. Mottley, *Portsmouth.*

Mr. William Spraing, *Tunbridge-
Wells.*

Mr. John Ruffel, *Guildford.*

Mr. Clacker, *Chelmsford.*

Mr. William Lee, *Lewes.*

X Mr. Ward, *Croydon.*

Mr. Smith, *Newcastle, Staffordshire.*

Mr. Rymer will likewise authorize one person in each of the principal towns in Great Britain.